

Nassau County Aquatic Center

NASSAU COUNTY DEPT. OF PARKS, RECREATION & MUSEUMS

2011-12 Winter Session

Aquatic Fitness Classes

Registration starts on Monday, November 28th at 8:00 am

Adult Registration Rules:

- Leisure Pass is required at time of registration. We cannot look up a Leisure Pass in the computer.
- Sign up is first come, first serve and must be done in person. Places in the line cannot be held for someone else. Upon arrival, you must go to the end of the line.
- Payment in full is due at the time of registration. No refunds or make-ups are allowed.
- Registration is on-going during business hours until classes fill.
- You may not sign up for more than 2 aquatic fitness classes on the first registration day.

AQUATIC FITNESS CLASS SCHEDULE

Check brochure or website for class descriptions. All classes are 1 hour.

Monday	Tuesday	Wednesday	Thursday	Friday
	7:15 a.m. start: Adult Fit Swim (18 & over)			7:15 a.m. start: Adult Fit Swim (18 & over)
Aquajog 9 a.m. start	Aquajog 9 a.m. start		Aquajog 9 a.m. start	Aquajog 9 a.m. start
Aquaerobics 11 a.m. start	Water Walking 11 a.m. start	Aquaerobics 11 a.m. start	Aquaerobics 11 a.m. start	Aquaerobics 11 a.m. start
Aquaerobics 7 p.m. start	6 p.m. start: Teen/Adult Fit Swim (13 & over)		Aquajog 7:45 p.m. start	7 p.m. start: Youth Fit Swim (ages 13-17)

Classes will be cancelled if enrollment numbers do not meet at least half the full class size.

DATES & FEES*

Mon.:	Fee: \$ 49.50, 9 Classes	Starts: 12/5 - Last Class: 2/6	No class: 1/16
Tues.:	Fee: \$ 55.00, 10 Classes	Starts: 12/6 - Last Class: 2/7	10 Straight weeks
Wed.:	Fee: \$ 55.00, 10 Classes	Starts: 12/7 - Last Class: 2/8	10 Straight weeks
Thurs.:	Fee: \$ 55.00, 10 Classes	Starts: 12/8 - Last Class: 2/9	10 Straight weeks
Fri.:	Fee: \$ 49.50, 9 Classes	Starts: 12/16 - Last Class: 2/10	9 Straight weeks

Discounts offered for taking multiple classes. **Note: water and land fitness classes can be combined for discounts (does not include specialty classes).*



Discounts

2 classes per session	\$11.00 discount (off total)
3 classes per session	\$24.00 discount (off total)
4 classes per session	\$40.00 discount (off total)

ALL SCHEDULES ARE SUBJECT TO CHANGE



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County Executive Edward P. Mangano